

November 25th-30th

Tuesday, November 25th

- Vegetable Soup
- Ortega Chili Quiche
- Brown Rice
- Mixed Vegetables
- Tossed Green Salad
- Fresh Wedge of Cantaloupe

Wednesday, November 26th

- Split Pea Soup
- Armenian Chicken
- Barley Pilaf
- Broccoli and Cauliflower Florets
- Garden Salad
- Fresh Grapes



Saturday, November 29th

- Swedish Meatballs with Noodles
- Tender Carrots
- Persian Cucumber Salad
- Fresh Orange

Sunday, November 30th

- Hot BBQ Beef Sandwich
- Mashed Potatoes
- County Style Tomatoes
- Spinach and Shredded Carrot Salad
- Oatmeal Cookies



Recipe of the Month

Hearty Black Bean Soup

- 1 cup tomato salsa
- 2 cans black beans drained & rinsed
- 2 cups chicken broth
- 1 teaspoon lime juice
- 2 tablespoons chopped fresh cilantro

Sour cream (optional)

Heat the salsa in a large saucepan over medium heat, stirring often, for about 5 minutes. Stir in the beans and broth. Bring the mixture to a boil, then lower the heat and simmer the soup, covered, for 15 minutes.

Let the soup cool slightly, then ladle half of it into a food processor or blender and puree it. Return the pureed soup to the pot. Stir in the lime juice and chopped cilantro and heat the mixture through. Serve the soup warm, topped with a dollop of sour cream, if desired.

Community Services and Parks Department

Serving Meals at Three Locations:

- **Adult Recreation Center/Central Park Complex**

201 E Colorado St

Glendale Ca 91205

818 548 3775

Lunch Served: 7 days a week!

- **Sparr Heights Community Center**

1613 Glencoe Way

Glendale Ca 91208

818 548 2187

Lunch Served: Monday– Friday

- **Pacific Park Community Center**

501 S Pacific Ave

Glendale Ca 91204

818 548 3775

Lunch Served: Monday, Wednesday & Friday

Please remember to reserve or cancel your meal at least one day in advance. Menu is subject to change without notice.

Community Services and Parks Department will provide reasonable accommodations toward the inclusion of all participants. Please notify us of your needs at the time of reservation.



Senior Café

November 2014 MENU



City of Glendale
Community Services & Parks

Telephone Reservations or
Cancellations call:
Adult Recreation Center at
(818) 548-3775

November 1st-6th

Saturday , November 1st

Country Fried Steak
Barley Pilaf
Cauliflower and Carrots
Romaine Lettuce & Tomato Salad
Butterscotch Pudding

Sunday, November 2nd

Chicken Cacciatore
Roasted Potatoes
Brussels Sprouts
Caesar Salad
Fresh Pear

Monday, November 3rd

Pork and Broccoli Stir Fry
Brown Rice
Peas and Pearl Onions
Marinated Cucumber Tomato Salad
Fresh Grapes

Tuesday, November 4th

Beef Stroganoff & Seasoned Noodles
Harvard Beets
Broccoli Slaw
Tapioca Pudding

Wednesday, November 5th

Lentil and Black Bean Soup
Chicken Waldorf Salad
Orange Gelatin Shredded Carrot Salad
Wedge of Fresh Cantaloupe

Thursday, November 6th

Italian Wedding Soup
Chicken Parmigiana & Spaghetti
Green Beans and Carrots
Pineapple Coleslaw
Garlic Bread
Banana

November 7th-12th

Friday, November 7th

Baked Fish or Salisbury Steak
Scalloped Potatoes
Broccoli and Carrots
Garden Salad
Flavored Yogurt

Saturday , November 8th

Pork Stew with Garden Vegetables
Spinach Mandarin Orange Salad
Biscuit
Oatmeal Cookies

Sunday, November 9th

Stuffed Baked Potato with Turkey
Creamed Spinach
Coleslaw
Fresh Apple

Monday, November 10th

Lentil and Carrot Soup
Pepper Steak with Seasoned Noodles
Winter Squash
Broccoli and Raisin Salad
Cup of Juicy Pineapple Chunks

Tuesday, November 11th

CLOSED IN OBSERVANCE
OF
VETERANS DAY

Wednesday, November 12th

"Birthdays of the month"
Vegetable Soup
Herb Chicken with Barley Pilaf
Normandy Vegetables
Black Eyed Peas and Corn Salad
Birthday Cake

November 13th-18th

Thursday, November 13th

Cream Of Broccoli Soup
Luleh Kebab with Fluffy Basmati Rice
Green Beans
Lavash Bread
Fresh Sliced Cantaloupe

Friday November 14th

Breaded Fish or Turkey a la King
Peas and Carrots
Spinach and Mandarin Orange Salad
Cup of Juicy Sweet Plums

Saturday , November 15th

Adobo Chicken
Barley Pilaf
Cauliflower with Pimentos
Green Salad
Tapioca Pudding

Sunday, November 16th

Minestrone Soup
Pork Vegetable Stir Fry with Fluffy Rice
Green Beans with Pimentos
Chinese Cabbage Slaw
Cup Juicy Peaches

Monday, November 17th

Tomato Bisque Soup
Citrus Ginger Chicken with Brown Rice
Normandy Vegetables
Lettuce and Tomato Salad
Juicy Cup Pears

Tuesday, November 18th

Chicken Noodle Soup
New England Pot Roast
Oven Roasted Red Potatoes
French Cut Green Beans
Mandarin Oranges on Lettuce Leaf
Brownie Square

November 19th-24th

Wednesday, November 19th

Thyme Pork Chop with Noodles
Zucchini and Tomatoes
Tossed Green Salad
Cinnamon Apple Sauce

Thursday, November 20th

"Thanksgiving Luncheon"

Roast Turkey with Dressing and Gravy
Fresh Baked Yams
Peas with Pearl Onions
Garden Salad
Pumpkin Pie with Whipped Cream

Friday, November 21st

Spanish Bean Soup
Fish or Chicken Picatta
Rice Pilaf
Baked Winter Squash
Marinated Three Bean Salad
Wedge of Cantaloupe

Saturday, November 22nd

Sweet and Sour Pork & Brown Rice
Peas and Carrots
Creamy Coleslaw
Fresh Banana

Sunday, November 23rd

Herb Chicken & Mashed Potatoes
Mixed Vegetables
Caesar Salad
Chocolate Pudding

Monday, November 24th

Shepherd Beef Vegetable Pot Pie
Spinach and Mushroom Salad
Corn Bread
Fresh Mandarin Orange